DOCUMENT RESUME

ED 198 083 SP 017 147

TITLE Manitoba Physical Education and Recreation Instructional Media. 1980.
INSTITUTION Manitoba Dept. of Education, Winnipeg.
PUB DATE 80
NOTE 55p.

EDRS PRICE MF01/PC03 Plus Postage.
DESCRIPTORS Athletics: Educational Media: *Educational Resources: Educational Technology: Elementary Secondary Education: *Information Sources: *Instructional Materials: *Physical Education: State Departments of Education
IDENTIFIERS *Manitoba

ABSTRACT

This publication serves as a reference for teachers and school administrators in locating physical education resource materials and support services available from the Manitoba Department of Education. Curriculum guides (K-12), curriculum services, Department of Education Library Resources and Information Services, production and school broadcasts, and school film services are listed and described, and the addresses and telephone numbers for obtaining the materials are given. Books, cassettes, slides, kits, super 8 film loops, records, and 16mm films on various sports and exercises can be borrowed from the Manitoba Department of Education Library. The addresses and scope of selected federal, state, and province agencies and private organizations in Canada and the United States which provide physical education related material are listed. An order form for free mimeographed and printed aids from the Department of Education Curriculum Services is appended. (FG)

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SP 017 147

FOREWORD

This publication is intended to serve as a reference for teachers and school administrators in locating physical education resource materials and available support services.

Prepared and distributed by:

Curriculum Services
(Physical Education)
Department of Education
411 - 1181 Portage Avenue
Winnipeg, Manitoba
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DEC 1 9 1980

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ORDER FORM FOR FREE MIMEOGRAPHED AND PRINTED AIDS FROM CURRICULUM SERVICES (PHYSICAL EDUCATION)..... 48

I. CURRICULUM GUIDES

Contact: Curriculum Services
Department of Education
404 - 1181 Portage Avenue
Winnipeg, Manitoba
R3G 0T3

Telephone: 786-0270

A. Curriculum Guide: Level I and II

K - 12 PHYSICAL EDUCATION CURRICULUM GUIDE (1980)

B. Curriculum Resource Supplements: Level III

The following resource supplements are being developed:

- Adaptives Programs
- Low Organized Games
- Folk Dance
- Gymnastics
- Training Methods
- Fitness
- Stress Management
- Modern Rhythmic Gymnastics

II. CURRICULUM SERVICES (PHYSICAL EDUCATION)

Contact: Curriculum Services
(Physical Education)
Department of Education
Robert Fletcher Building
411 - 1181 Portage Avenue
Winnipeg, Manitoba
R3G 0T3

Telephone: 786-0268

A. PROGRAM PLANNING AND DEVELOPMENT

SERVICES INCLUDE:
- PROGRAM CONSULTATION
- FACILITY PLANNING
- VISITATIONS
- WORKSHOPS/IN-SERVICES
- PRINT MATERIALS
- CONSULTANT STAFF LIBRARY (Many New Materials - Short Term Loan)

B. CATALOGUES (for perusal or 3-week loan)

- Sporting Goods
- A/V Materials
- Instructional Aids
- Playground and Gym Equipment
- Physical Fitness Testing Equipment
- Rehabilitation Equipment

C. FREE MIMEOGRAPHED AND PRINTED AIDS

1. Dance and Movement

- *Creative Dance in the Elementary School* (Jane Evans) (themes, teaching suggestions, sample lesson ideas)

- *Dance for Children* (Docherty, University of Victoria) (teaching suggestions, sample lesson plans)

- *Folk Dance Records* (resource listing)

- *Folk, Social and Disco Dances*

- *Lesson Plans for Primary Physical Education* (lesson plans using small and large equipment and movement themes)

- *Notes on Movement Education, Rhythm and Creative Dance in the Elementary School* (Shivaun Gannon)

2. Fitness

- *Exercise, Fitness and Physical Education for the Growing Child - A Concern* (Dr. Bailey, Saskatchewan Child Growth and Development Study, 1964-72)

- *Values and Concepts in Physical Fitness and Activity* (includes information on various concepts and related techniques and procedures)

- *Elementary Fitness Concepts and Activities* (rationale and activities for various components of fitness)

- *Health Hustle* (fitness exercises to music)
  *For the music, send blank audio cassettes to Production and School Broadcasts (see page 28).

- *Fitness Fun* (rhythmic exercises to music)
  *For the music, send blank audio cassettes to Production and School Broadcasts (see page 27).

- *Fitness Trails* (trail construction and exercise station purpose; construction instructions)
  *Parcours - *Fitness Trail* (Judy Gill) is a worthwhile booklet. It is available from:
  Palmquist Publications
  4426 Imperial Crescent
  Pierrefonds, Quebec
  H9H 1L1

- *Physical Fitness Activities* (circuits, calisthenics, strength-athlon, burn-out, distance training, isometrics, weight training)

- *Manitoba Physical Fitness Performance Test Manual and Fitness Objectives*

- *Keep Fit America* (an introduction to physical fitness; includes self-testing activities, graded exercises and a jogging program)

- *Fitness As Simple As A B C*

- *Daily Physical Education and Physical Fitness Programs*

- *Run for Yourself* (a beginning runner's handbook developed by the President's Council on Physical Fitness and Sports; includes tips on running style, pace, and what to wear, plus a section on flexibility exercises)

3. Games, Activities and Sports

- *SECTION ONE: Emphasis on Fitness and Basic Locomotor Skill Development* (tag, relay, circle and group games)

- *SECTION TWO: Activities with Small Apparatus* (balls, hoops, bean-bags, ropes, benches, parachutes, mats, balloons, wands)

- *SECTION THREE: Classroom and Limited Area Activities* (K-6) (ideas for physical education when gymnasium and playground are not available)

- *SECTION FOUR: Primary Games Modified Towards Fitness* (a presentation of 60 primary games)

- *Notes on Game Skills* (Stuart Robbins) (analysis, sequence, lesson)

- *Games* (Gord Payne, Summer Session 1977) (an analysis of low organized, lead-up, classroom and creative games)

- *Holiday Oriented Games*

- *Native Games*

- *Eighteen Combative Activities for Elementary Schools*

- *Basketball: Fundamental Skills*
  Lead-up Games

- Field Hockey: Lead-up Games
  Provisional Outline (1966) (techniques, lessons, basic rules)

- Hand and Racquet Sports: Badminton, Handball, Squash, Tennis (lead-up games)

- Ringette: Basic Rules

- Rugby

- Soccer: Drills and Lead-up Games

- Softball: Drills, Skills and Lead-up Games

- Speedball: Rules and Skills Sheet

- Team Handball: Elementary Modifications Manual (nature and purpose, court, rules, strategy)

- Touch Football: Lead-up Games

- Volleyball: Junior Volleyball Training Sheet
  Lead-up Games
  Skills

- Wrestling Instruction (manual for the videotape, which is available from Production and School Broadcasts)

*For Winter Activities - see "Outdoor Pursuits"

4. General

- Guide to the Selection and Purchase of Secondary School Physical Education Equipment (1970)

- Guide to the Selection and Purchase of Elementary School Physical Education Equipment (1970)

N.B. Both Guides give lists and quantities of school equipment, purchasing hints and suggestions for care and maintenance of equipment.

- *Hard Surface Markings and Playground Development* (markings for hopscotch, shuffleboard, squares and circles, as well as suggestions for natural areas and structures for playgrounds)

- *Suggestions for Making Improvised and Homemade Physical Education Equipment*

- *Evaluation: Program and Facilities* (a guide for evaluating programs)

- *Integrating Other Disciplines with Physical Education in the Elementary School*

- *Extra-Curricular Events for Elementary Schools* (the organization of playdays and tabloid meets)

- *Marathon Journal* (published monthly by the Manitoba Marathon Association)

- *Intramurals - Winter Course* (put out by the Scarborough Board of Education, as a result of a 1973-74 Winter Course)

- *Selected Intramural Articles* (excerpts from Western Canadian Intramural Workshop Proceedings, Banff, Alberta, May, 1978)

- *Posters* - 5 *Fitness Testing Station Posters* (Agility Run, Flexed Arm Hang, Bent Knee Sit-up, Meter Run, Sit and Reach)

  - 2 *Participaction Posters* (Fitness - You've Got It in You and It Runs in the Family)

5. Gymnastics

- *Apparatus* (cargo net, climbing ropes and climbing frames)

- *Rope Activities* (ideas about the hundreds of activities which can be attempted on climbing ropes)

- *Climbing Frame Guide (K-6)* (a guide for instructing and stimulating students toward individual achievement on the movable climbing frames)

- *Gymnastics* (safety, progressions and techniques in tumbling, vaulting, free exercise and balance bench)

- *Gymnastics - A Movement Approach* (put out by the Calgary Board of Education)

6. Outdoor Pursuits

- *Cross Country Skiing* (theory, conditioning, clothing, types of skis, waxing instructions)
- *Jam Pail Curling*
- *Orienteering* (includes information on where to get audio-visual materials and ideas for the classroom teacher)
- *Winter Outdoor Games, Eskimo Games, Mini Trappers Festival and Games Day Schedule*

(OUTDOOR ACTIVITIES PACKAGE - T. Cherveny)

Teaching Units: objectives, skills, information, worksheets

*As each unit in the package is separate, please specify each unit desired.

- *Camp Cooking, Food, Recipes, Menus*
- *Camping Gear You Can Make; Equipment*
- *Fire Building*
- *Planning for Outdoor Living*
- *Schools and Cross Country Skiing*
- *Snow Camping*
- *Snowshoeing*
- *Survival Kit*

*For Fitness Trails - see "Fitness"

7. Perceptual Motor

- *Rationale* (concepts, importance, hints for parents on perceptual motor)
- *Screening and Evaluation* (observing behaviour, screening tests, evaluation forms)

- *15-Week Program* (space, balance, basic body work, movements, symmetrical activities)

- *Activities for Perceptual Motor Development* (activities for throwing and catching, eye-hand coordination, balance, visual skills, sensory-motor)

- *Activities with Small Equipment* (activities with balls, hoops, elastics, newspapers, rhythm sticks, balloons, parachute and body image activities)

- *Equipment, Organization and Resource Books* (learning stations, homemade equipment, equipment list, the stegel, resource book list)

- *Handbook of Developmental Physical Education Activities for the Primary Grades* (concrete guidelines on a developmental sequence of motor activities for young children)

- *Recommended Motor Development Resource Books* (Jack Capon, Coordinator of Physical Education in the Alameda (California) Unified School District, prepared a list of recommended books directed towards elementary school physical education and perceptual motor programming)

III. DEPARTMENT OF EDUCATION LIBRARY RESOURCES AND INFORMATION SERVICES

Contact: *Department of Education Library*
Robert Fletcher Building
Box 3, Main Floor
1181 Portage Avenue
Winnipeg, Manitoba
R3G 0T3

Telephone: 786-0218 or 786-0155
WATS Toll Free Line: 1-800-262-8848

A. BOOKS

A good selection of physical education books is available. Requests may be made by telephone, mail or in person. Loan period is 4 weeks.

The Department of Education Library Catalogue 1979 contains all books added to the Library's collection since the publication of the Library Catalogue 1974. The 1979 Catalogue supercedes the Library Catalogue Supplement, July, 1975. All titles listed in the July, 1975, Catalogue are included in the new 1979 Catalogue and no further reference to the July, 1975, Catalogue is necessary.

If you require copies of the free Library Catalogue 1973 (all materials received by the Library to 1973), Library Catalogue 1974, or the Library Catalogue 1979, please contact the Library's Circulation Desk.

Thus, for a complete record of the Library's book holdings, you should consult the following:

- Library Catalogue 1973
- Library Catalogue 1974
- Library Catalogue 1979

B. INSTRUCTIONAL AIDS

- Request 2-3 weeks before required date
- If not available for that date, they will be sent when available.
- Loan period is 4 weeks.

1. Cassettes

PT 372.7 B3 — *Basic Rhythms* (*Honor Your Partner*, Album 7) (1 cassette)

PT 372.86 P35 — *Creative Movement and Rhythmic Exploration* (Hap Palmer) (1 cassette; 1 teacher's guide)

PT 155.418 F8 — *Fun and Games* (audio record - CBC Learning Systems) (1 cassette)

PT 372.21 P35h — *Learning Basic Skills Through Music, Health and Safety* (1 cassette; 1 teacher's guide)

PT 372.86 G4 — *Musical Ball Skills* (Jacob D. Geiger) (2 cassettes)

2. Slides

K799.32 B45 — *Basic Archery Slides*

K796.068 W42f — *Creative Playgrounds: Fitness Trails*

K796.068 W42m — *Creative Playgrounds: Metro Winnipeg*

K796.068 W42r — *Creative Playgrounds: Rural Manitoba*

3. Kits

K155.4 C74 — *Creative Expression* (6 films, 6 posters, 1 song card, 1 audio disc)

K613.71 P93 — *Exercises for the Classroom* (Jean Pyatt)
V.1 - 3 records; 1 manual
V.2 - 3 records; 1 manual

K613.7 C35 — *The Fit Kit* (Record plus progress and exercise charts)

K641.1 F85 — *Funtrition* (Denise Jolly & B. Nelson)

K371.6 A64 — *Grounds for Learning* (AAHPER - looks at the school site as an educational resource (80 slides and audio cassette)

K371. 9044 M52 — *"I Can Series"* (M52f; M52h; M52)
Recreation and physical education for the handicapped (Michigan State University) (Skill books of instructional media plus cards for teaching games)

K371. 9044 M52f — *Fundamental Skills*

K371. 9044 M52h — *Health and Fitness*

K371. 9044 M52 — *Body Management*

K613.71 D49 — *Physical Education Programmed Activities* (Gabriel J. De Santis)

4. Super 8 MM Cartridge Film Loops

Although some sets are incomplete, the cartridges which are available may provide some useful information.

ARCHERY (set incomplete)

- Nock, Anchor, Release	91-0166
- Basic Skills	91-0158
- Aiming - Sight Method	91-0182
- Aiming - The Pre-Gap Method	91-0174

WOMEN'S ARCHERY

- Stance - Nocking the Arrow	WN-1
- Draw, Aim and Hold	WN-2
- Release and Follow Through	WN-3

BADMINTON (set incomplete)

- Overhead Backhand Strokes	91-0042
- Underhand Net Strokes	91-0059
- Footwork	91-0075
- Overhead Forehand Strokes	91-0034
- Drives and Around the Head Strokes	91-0067
- Serve	91-0018

BASEBALL (for Elementary or Junior High Only)

- Throwing the Baseball	8021
- Fielding Fly Balls	8023
- Hitting	8024
- The Art of Bunting	8025
- Pitching	8026
- Playing First Base	8027
- Playing Second Base	8028
- Playing Short Stop	8029
- Playing Third Base	8030

BASKETBALL - Set 1 (incomplete)

- Baseball Pass	PE-B-2
- The Lay-Up Shot	PE-B-4
- The Hook Shot	PE-B-6
- The Jump Shot	PE-B-7
- Rebounding	PE-B-8

BASKETBALL - Set 2 (incomplete) (Junior High Level)

- Ball Receiving	7831
- Passing	7832
- Dribbling	7833
- The Jump Shot	7836
- The Hook Shot	7837
- The Lay-Up Shot	7838
- Defending Against the Man With the Ball	7839
- Rebounding Skills	7840

BOWLING (10 pin)

- Spot Bowling for Spares - Hook Ball	91-0125
- Spot Bowling for Spares - Straight Ball	91-0133
- Four-Step Delivery	91-0091
- One-Step Delivery	91-0083
- Spot Bowling for Strikes	91-0117

FIELD HOCKEY (2 sets)

- Stick Handling - Dribbling	S-1
- Fielding	S-2
- Drive and Drive to the Left	S-3
- Reverse Stick Drive and Drive to the Right	S-4
- Pull to Left Dodge and Scoop Dodge	S-5
- Dodge to Non-Stick Side and Reverse Stick Dodge	S-6
- Push Stroke and Flick Stroke	S-7
- Passing; Flat, Leading, Through, Triangular	S-8
- Straight in Tackle and Circular Tackle	S-9
- Two Hand Tackle from Left and Left Hand Lunge Tackle	S-10
- Goal Tending - Stance - Stop and Clear	S-11
- Goal Tending - Clear on the Fly - Lunge Stop	S-12

FUNCTIONAL FITNESS

- Flexibility	91-1198
- Coordination	91-1214
- Agility	91-1206
- Arm and Abdominal Strength	91-1172
- Balance	91-1164
- Leg Strength	91-1180

GOLF

- Swinging with Different Clubs	91-0232
- Pitching and Chipping	91-0240
- Types of Grips	91-0208
- Putting	91-0257
- Stance and Address	91-0216
- The Full Swing	91-0224
- Trouble Shots	91-0265

WOMEN'S GYMNASTICS (Beginning Level)

- Balance Beam 1-9	B1
- Balance Beam 10-14	B2
- Uneven Parallel Bars 1-4	B7
- Uneven Parallel Bars 5-9	B8
- Vaulting	B13
- Floor Exercise 1-9	B16
- Floor Exercise 10-16	B17

FLOOR EXERCISE MOVES

- Forward Rolls	S-80952
- Backward Rolls	S-80953
- Cartwheels	S-80954
- Spotting Techniques	S-80970
- Lead-Up Progressions	S-80974

TRAMPOLINE/RINGS

- Trampoline 1	91-0349
- Trampoline 2	91-0356
- Trampoline 3	91-0364
- Trampoline 4	91-0372
- Rings 1	91-0414
- Rings 2	91-0422
- Rings 3	91-0430

HANDBALL (2 sets)

- Overhand Stroke	L-1
- Underhand Stroke	L-2
- Sidearm Stroke	L-3
- Serves	L-4
- Backwall Returns	L-5
- Pass Shots	L-6
- Kill Shots	L-7
- Ceiling Shot	L-8
- Hook Shots	L-9

MANIPULATIVE ACTIVITIES (2 sets)

- Throwing and Catching	91-1099
- Hitting in Different Ways	91-1115
- Bouncing, Hand Dribbling and Catching	91-1081
- Yarn Balls, Hoops, Ropes and Wands	91-1057
- Volleying in Different Ways	91-1107
- Rolling and Fielding	91-1065
- Foot-Dribbling and Kicking	91-1073

MOVEMENT AWARENESS (incomplete)

- Shapes	91-0901
- Supports	91-0927
- Flight	91-0943
- Leads	91-0919
- Weight Transference	91-0935

BASIC MOVEMENT

- The Force of Movement	91-0885
- The Flow of Movement	91-0893
- Movements: Fast and Slow	91-0877
- Moving in Many Directions	91-0844
- Movements Large and Small	91-0869
- Moving at Different Levels	91-0851

SKIING

- Natural Instincts vs. Learned Instincts	E-1
- Speed Control - Snow Plow	E-2
- Speed: Control Turns: Snow Plow	E-3
- Traverse	E-4
- Stem Turn	E-5
- Side Slipping: Uphill Turns	E-6
- Stem Christie	E-7
- Parallel Turns	E-9
- Speed Control - Parallel Turns	E-10
- Parallel Turns - Short Swing	E-11
- Tricks: Charleston	E-12

MEN'S SOCCER (2 sets)

- Kicking	F-1
- Trapping - Groundballs	F-2
- Trapping - Balls in Air	F-3
- Heading and Back Heading	F-4
- Dribbling	F-5
- Tackling	F-6
- Throw In	F-7
- Goal Keeper - Part 1	F-8
- Goal Keeper - Part 2	F-9
- Goal Keeper - Part 3	F-10
- Goal Keeper - Clearing	F-11

SWIMMING

- Drills for Building Confidence	91-1685
- Methods of Kicking	91-1701
- Methods of Floating	91-1693

TAPING ATHLETIC INJURIES

- Shoulder - Part 1	444006
- Shoulder - Part 2	444007
- Principles	444001
- Knee Injury: Med. Lig. - Part 1	444003
- Knee Injury: Cruciate Lig.	444005
- Knee Injury: Med. Lig. - Part 2	444004
- The Ankle: The Lateral Ankle	444002
- Wrist - Part 1	444009
- Wrist - Part 2	444010
- Elbow	444008
- Thumb	444011

TENNIS (set incomplete)

- Footwork	91-0802
- Forehand Ground Strokes	91-0786
- Lobs and Smashes	91-0836
- Backhand Ground Strokes	91-0794
- Volley and Half Volleys	91-0828
- The Serve	91-0810

TENNIS

- Lob and Smash	446008
- Backhand Drive	446005
- Terminology - Part 1	446001
- Terminology - Part 2	446002
- The Volley and Half Volley	446007
- The Service Stroke	446006
- Forehand Drive	446004
- Position - Preparation	446003

MEN'S TENNIS

- Basic Serve	MK-6
- Volley	MK-5
- Forehand Variations	MK-2
- Backhand Stroke	MK-3
- Forehand Stroke	MK-1
- Overhead Drive	MK-8
- Backhand Variations	MK-4

TRACK AND FIELD (set incomplete)

- High Hurdles	91-1420
- Middle Distance and Steeplechase	91-1446
- Sprints	91-1404
- Relays	91-1412
- Intermediate Hurdles	91-1438
- Pole Vault	91-1453
- Shot Put	91-1487
- Javelin	91-1503
- Triple Jump	91-1511
- Long Jump	91-1479
- Discus	91-1495
- High Jump	91-1461

TRAINING FOR MEN

- CV Endurance	91-2311
- Legs	91-2352
- Flexibility	91-2360
- Arms, Shoulders and Upper Back - Part 1	91-2337
- Arms, Shoulders and Upper Back - Part 2	91-2345
- Abdominals	91-2329
- Balance and Coordination	91-2378

TRAINING FOR WOMEN

- Balance and Coordination	91-2402
- CV Endurance	91-2386
- Figure Control	91-2394

TUMBLING (set incomplete)

- The Forward Roll	7882
- The Handstand	7889
- The Shoulder Roll	7884
- Preparing for Tumbling	7881
- Balancing (Squat Head and Squat Hand)	7887
- Combining Tumbling Skills	7890
- The Head Balance	7888
- Backward Roll	7883
- Women's Tumbling - Part 1	91-1883
- Women's Tumbling - Part 2	91-1891
- Women's Tumbling - Part 3	91-1909
- Women's Tumbling - Part 4	91-1917

POWER VOLLEYBALL

- The Serve	A-1
- The Underhand Pass	A-2
- The Set	A-3
- The Spike	A-4
- The Japanese Roll - The Block	A-5

WEIGHT TRAINING

- Legs	PE-W-6
- Chest	PE-W-3
- Back	PE-W-5
- Arms	PE-W-1
- Abdomen	PE-W-4
- Shoulders	PE-W-2

WRESTLING (set incomplete)

- Duck Under	1
- Side Leg Dive	2
- Double Leg Dive	3
- Fireman's Carry	4
- Snap Down and Bump Back	5
- Tripod and Long Sit-Out	6
- Quick Sit-Out	7
- Power Sit-Out	8
- Inside-Foot Stand Up	9
- Outside Switch	10
- Wrestling Skills	11

WRESTLING (Cont'd.)

- Outside Roll 12
- Inside Roll 13
- Far Ankle - Near Arm 14
- Near Ankle - Far Arm 15
- Head Lever 16
- Two-on-One Bar Arm 17
- Wrestling Skills 18
- Near Ankle Cross-Face 19

5. Records - Rhythm and Movement

P.D. 372.86 J35 — *Carnival in Motion; Basic Body Movements for Little People* (W. Joniak)

P.D. 371.7 Ev — *Childhood Rhythms.* (Ruth Evans) 3 records.

P.D. 372.86 C49 — *Children's Rhythms in Symphony.*

P.D. 796 C1 — *Classroom Rhythms; Rhythms from the Land of Make-Believe.*

P.D. 372.86 H58 — *Coordination Skills* (Harold Hissam)

P.D. 372.86 L43 — *Creative and Interpretive Rhythms for All Ages.* (Harold Le Crone)

P.D. 372.86 P35 — *Creative Movements and Rhythmic Expression.* (Hap Palmer)

P.D. 371.7 Bu — *Creative Rhythms.* (Joseph Burns) 4 records.

P.D. 372.86 B76 — *Do Your Own Thing in Physical Education.* (Judith Brown) 2 records.

P.D.
372.86
F85 *Fundamental Rhythms for the Younger Set, K thru 2nd Grade.* 2 records.

P.D.
371.7
No *Honor Your Partner; Rhythms with Oral Instructions.* (Frank Novak) 3 records.

P.D.
372.86
L5 *Listen, Move and Dance.* 2 records.

P.D.
371.7
C37 *Listening and Moving; Body Awareness and Positions in Space.* (Dorothy B. Carr)

P.D.
372.7
M95 *Music for Creative Movement.*

P.T.
372.86
G4 *Musical Ball Skills* (Jacob Geiger) (2 cassettes)

P.D.
793.3
C54 *Piano Accompaniment for Fundamental Movements (Modern Dance)* (Margaret Clemens)

P.D.
780
R49 *Rhythm.* (Primary) 2 records.

P.D.
371.7
Wo *Rhythm Time.* 2 records.

P.D.
796.07
B37 *Rhythms and Dances; A Course in Physical Education (Gr. 1-12)* (Fred Bartlett) 2 records.

P.D.
796
Ra *Rhythms for Today, Album No. 29, K-3.* (Carrie Rasmussen)

Records - Rhythmic Games and Activities

P.D.
372.86
H59 *Ball Gymnastics.* (Dr. Annelia Hoyman)

P.D. 372.86 K44 — *Danish Ball Rhythms; Elementary.* (Karoline Keeleric)

P.D. 371.7 Du — *Honor Your Partner; Rhythms, Games, Dances.* 4 records. (Ed Durlacher)

P.T. 372.21 L4 — *Learning Basic Awareness Through Music* (1 tape)

P.D. 372.21 P35h — *Learning Basic Skills Through Music, Health and Safety.* (Hap Palmer) 1 record; 1 teacher's guide.

P.D. 372.86 L85 — *Lummi Sticks Record of Instruction.*

P.D. 371.7 Rh — *Rhythmic Activities, Volume 1, for Primary Grades.* 3 records.

P.D. 371.7 R5 — *Rhythmic Activities, Volume 3, for Primary Grades.*

P.D. 372.86 H6 — *Rhythmic Rope Jumping: Elementary.* (Dr. Annelia Hoyman)

P.D. 372.86 H6S — *Rhythmic Rope Jumping: Secondary thru College.* (Dr. Annelia Hoyman)

P.D. 372.86 R66 — *Rope Skipping, Ball Bouncing.* 4 records.

P.D. 371.926 E94 — *Songs and Activities for Children with Special Needs.* (Douglas Evans) 2 records and a manual.

P.D. 796 T73 — *Traditional Games.* (Primary)

Records - Fitness

P.D. 613.7 K45 — *Keep Fit at Home.* (Sandy Keir)

P.D. 613.7 B35 — *Keep Fit with Dorothy Ball.* (Dorothy Ball)

P.D. 372.86 D4 — *Musical Participation Stories for Physical Fitness Fun in Classroom Relaxation Periods and Special Programs.* (Elizabeth Deutsch) 1 record, posters and teacher's manual.

P.D. 372.86 S43 — *Rhythmic Parachute Play.* (Joann Seker) 2 records.

P.D. 372.86 R59 — *Rhythms for Physical Fitness.* (Primary Grades) 1 record.

C. PERIODICALS

Periodicals do not leave the Library. Winnipeg teachers are requested to come in person to the Education Library to use these materials. Teachers outside of Winnipeg may request photocopying of articles. Ask for the periodicals technician for charges.

Athletic Administration (1973---)

Athletic Journal (1966---)

CAHPER Journal (Canada) (1953---)

CAHPER Journal (Manitoba Branch) (1972---)

Canadian Coach (1971-1976)

International Gymnast (1970---)

International Journal of Health Education (1977---)

Journal of Nutrition Education (1975---)

Journal of Physical Education (1973---)

Journal of Physical Education and Recreation (1960---)

Journal of School Health (1963---)

Physical Educator (1958---)

Physical Fitness Research Digest (1971---)

Research Quarterly (1953---)

Scholastic Coach (1950---)

Sports, Recreation and Fitness (1972---)

Track and Field Quarterly Review (1973---)

Track and Field News (1969---)

D. SELF-SERVE 16 MM FILMS

The films listed here are available for short term loan (5 working days) but must be picked up and returned by teachers. No booking and no mail or phone information. Self-serve collection is not to be confused with the booking film collection available at School Film Services.

Shelf Location	Title and Audience Level
1 D 7	Centaur (J/S) Horses and Horsemanship
2 C 26	Centennial Athlete (J/S)
6 A 19	Coaches (J/S) Part 1
6 A 20	Part 2
4 E 19	Exercise and Physical Fitness
3 D 2	Feelin' Great (J/S) The Need for Exercise; Suggested Activities
5 D 25	Fit as a Fiddle: About Keeping Well
6 D 21	Fitness Trails
4 B 18	Flight in White (I/J/S) Skiing - Canadian Rockies
2 D 8	Fundamentals of Basketball (G)

5 D 9	Games of the XXI Olympiad, Montreal (J/S) Part 1
5 D 10	Part 2
5 D 11	Part 3
5 D 12	Part 4
1 D 8	Half-Half/Three-Quarters/Full (I/J/S) Rowing: Practice, Trials, Competition
6 C 20	Judo: Basic Judo Movements
6 C 25	Combination Attacks
6 C 24	Counter Attacks
6 C 23	Extending the Skill Range
6 C 22	Further Extension to Skill Range
6 D 22	Further Skills
3 D 10	Junior School Physical Education Lesson (E/I/J)
4 D 17	Learn to Ski (J/S)
7 C 10	Manitoba's Games Summer '76
3 A 1	Name of the Game is Volleyball (J/S)
1 D 17	Outdoor Recreation (E---S) Artificial Respiration
1 D 21	Basic Rock Climbing
1 D 18	Distress Signals Part 1
1 D 19	Distress Signals Part 2
1 D 15	Dressing Fish
1 D 14	Edible Plants in Summer
1 D 13	Frostbite and Snowblindness
1 D 22	Shelter Construction in Winter
1 D 16	Summer Bush Clothing
1 D 20	Using a Compass
7 A 22	Path of the Paddle - Doubles Basic
7 A 21	Doubles Whitewater
7 A 24	Solo Basic
7 A 23	Solo Whitewater
4 E 12	Physical Fitness: It Can Save Your Life
4 A 2	Piece of Cake (I---S) Gymnastic Training; Canada-China Competition

6 E 19	Skateboarding to Safety
4 A 2	Piece of Cake (I---S) Gymnastic Training; Canada-China Competition
5 C 9	Speedball for Girls (J/S)
2 B 26	Tomorrow Winter Comes (J/S) Cross Country Skiing
3 D 6	Wrestling Championships (Edmonton, 1970) (S) Part 1
3 D 7	Part 2
3 D 8	Part 3
5 B 12	Your Move (S) An Appeal to Canadian Women to Become More Fit

IV. PRODUCTION AND SCHOOL BROADCASTS

Contact: *Production and School Broadcasts*
Department of Education
216 - 1181 Portage Avenue
Winnipeg, Manitoba
R3G 0T3

Telephone: 786-0235

Copies of the following master tape programs may be obtained by forwarding sufficient blank tapes or purchasing the necessary amount from Production and School Broadcasts.

MODERN GYMNASTICS (1973) (10:28 min.) (VT#35)

In this program, exercises with ropes, hoops, balls and ribbons are demonstrated.

COJO OLYMPIC PRESENTATION (10:15 min.) (VT#3)

ONTARIO TEAM HANDBALL (20 min.) (VT#4)

The rules of handball; its similarities to soccer and football.

AMATEUR WRESTLING TECHNIQUES (35:25 min.) (VT#55)

Basic techniques of amateur wrestling.

MOVEMENT WORKSHOP (1971)

a) Introduction to Theme Address
Gymnastics: Part 1, Grade II level (39 min.) (VT#15)

b) Gymnastics: Part 2, Grade VI level (43:48 min.) (VT#16)

c) Gymnastics: Part 3, Grade IV level (43 min.) (VT#17)

d) Games: Part 1, Grade I level (40 min.) (VT#19)

e) Games: Part 2, Grade II level
Introductions and Opening Remarks (26 min.) (VT#27)

f) Creative Dance: Part 1, Grade V - VI Boys (25:40 min.) (VT#28)

g) Creative Dance: Part 2, Grade III Girls (11:55 min.) (VT#30)

h) Opening Remarks and Introduction (12:29 min.) (VT#32)

BIXBY AND ME

- A movement education series produced for television by the Department of Education, Nova Scotia (1976)

- For the purpose of encouraging young children (K-2) to react to appropriate stimulation and to move so that they may acquire basic skills

- The puppet characters are Bixby, a tom cat, and Rose, who provide a variety of stimuli and guidance that allow children to move.

- 15 min. each

Video Tape No.	
67	DRIVER EDUCATION - directions and pathways
91	THE BIXBY BAG - simple equipment to stimulate children's movement
118	HOWDY PARTNERS - partner work; leading and following
124	BALLOONS - balloons stimulate activity for movement and imagination ideas
161	FLIGHT - basic locomotor activities emphasizing quality of movement and sequences
163	BIXBY'S BIRTHDAY - shape and body awareness
169	THE JIG-SAW PUZZLE - levels
190	HICKORY DICKORY DOCK - body parts movement to rhythm
240	TEACHER'S LESSON - illustrated use of the series, hints and suggestions
241	SPACE EXPLORATION - space awareness
242	CAMPING - awareness of body parts
247	THE JUNGLE - locomotion
249	PLASTICINE - previous experience with modelling materials in art lead naturally to group activities
271	HOME MOVIES - slow and fast
279	SOUND BARRIER - sounds provide rhythm for movement
282	BETTER BALANCE - balance and body support
301	WHY CAN'T A DOG BE MORE LIKE A CAT? - curling and stretching
399	WOODBERRY'S SURPRISE - sudden and quick, sustained and slow movements suggested by percussion sounds
475	CLEANING DAY - pushing and pulling
476	THE FAMILY REUNION - folk dance and partner activity
477	MOUNTAIN CLIMBING - leaping and landing in control (with skipping ropes)
536	THE GET-WELL-SOON PRESENT - activity using different muscles, bones and joints
537	THE FAIR - wheels, partners, slow and fast
543	LIGHTS, CAMERA, ACTION - poems, stories and action words leading to activity
544	HAVING A BALL - using balls of various sizes
554	WHO SAYS CATS HATE WATER? - a make-believe hike and water safety

EVERYBODY'S DOING IT (15 min. each)

Physical Education: development through physical activity while recognizi individual differences.

The series presents a new dimension in physical education, including the components of fitness and the rewards of being physically fit. Children from Polson School in River East School Division No. 9 participate in the activities which demonstrate the concepts presented throughout the series.

a) Mass Participation VT#62

A contrast between the lesson, allowing for constant activity and the traditional lesson in which most children are inactive much of the time.

b) Physical Fitness VT#63

- the definition, components and rewards of fitness
- finding pulse rate
- cardiovascular games
- Manitoba Fitness Test

c) Daily Physical Activity VT#64

- the physical and psychological advantages of daily physical activity
- various activities presented

d) Basic Motor Skills VT#65

- demonstration of a basic screening test
- basic motor skill activities presented

FITNESS FUN (Audio Cassette) (Approx. 10-12 min. each)

6 programs of rhythmic exercises to music, courtesy of the Peel Board of Education. For duplication of the entire program, send 3 cassette tapes (C-30). If only some programs would be of value, send one 30-minute tape for each two programs that you specify.

- Part 1 (AT#2377)
- Part 2 (AT#2381)
- Part 3 (AT#2387)
- Part 4 (AT#2400)
- Part 5 (AT#2403)
- Christmas Fitness Fun (AT#2410)

HEALTH HUSTLE (15 min. each)

11 programs of rhythmic aerobic exercises to music, courtesy of Scarborough Board of Education. For duplication of the entire program, send 11 cassette tapes (C-30). If only some programs would be of value, send one 30-minute tape for each program that you specify.

- Part 1, Music	(AT#422)
- Part 1, Music and Cues	(AT#423)
- Part 2, Music	(AT#634)
- Part 2, Music and Cues	(AT#635)
- Christmas Hustle, Music	(AT#636)
- Christmas Hustle, Music and Cues	(AT#637)
- Part 4, Music	(AT#1670)
- Part 4, Music and Cues	(AT#1673)
- Part 5, Music	(AT#1674)
- Part 5, Music and Cues	(AT#1675)
- Part 6, Music	(AT#1677)
- Part 6, Music and Cues	(AT#1678)
- Part 7, Music	(AT#1988)
- Part 7, Music and Cues	(AT#1995)
- Part 8, Music	(AT#1997)
- Part 8, Music and Cues	(AT#1999)
- Part 9, Music	(AT#2000)
- Part 9, Music and Cues	(AT#2424)
- Part 10, Music	(AT#2426)
- Part 10, Music and Cues	(AT#2430)
- Part 11, Music	(AT#2431)
- Part 11, Music and Cues	(AT#2432)

N.B. Part 11 will not be available until September, 1980 (approx.)

V. SCHOOL FILM SERVICES

Contact: *School Film Services*
Robert Fletcher Building
214A - 1181 Portage Avenue
Winnipeg, Manitoba
R3G 0T3

Telephone: 786-0222
WATS Toll Free Line - 1-800-262-8848

(Please note that a number of films - self-serve - are available from the Department of Education Library and are listed in that section)

Film Distribution Information:

- request films by letter only
- use two separate lists for primary/elementary and for junior/senior grades
- order as far as possible in advance
- if films requested are unavailable, substitute titles will be sent
- School Film Services confirms in writing the films booked
- do not rewind films before returning
- return films promptly
- check School Film Services Audio-Visual Catalogue for more extensive descriptions of films

The following Physical Education Films are available. Grade Level Codes:

P - primary	C - college
E - elementary	T - teacher training
I - intermediate	A - adult
J - junior high	G - general
S - senior high	

DANCE AND MOVEMENT (teacher training level)

- All the Self There Is (1974) - activities to develop self-confidence (14 min.) (color)

- And So They Move (1969) - movement exercises for physically handicapped (13 min.) (B & W) (E)

- Creative Dance in the Junior School (1969) (30 min.) (color)

- Every Child A Winner (1976) - teacher training in values of movement-based physical education (13 min.) (color)

- Learning Through Movement (1968) - movement exercises (40 min.) (B & W)

- Motion Education (1965) - principles and objectives (20 min.) (B & W)

- Movement Education - new films from Simon Fraser University under the direction of Dr. Glenn Kirchner (color)

  a) Creative Folk Dance (17 min.)

  b) Introducing the Elements of Movement Education (16 min.)

  c) Rhythmics in Movement (18 min.)

  d) Theme Development in Movement Education (16 min.)

  e) Using Large Apparatus in Movement Education (15 min.)

  f) Using Small Equipment in Movement Education (16 min.)

- Movement Education Series (1969) - Simon Fraser University (color)

  a) Introduction (40 min.)

  b) Developing Range and Understanding of Movement (28 min.)

  c) Understanding Space and Directional Movements (25 min.)

  d) How to Develop a Theme (25 min.)

  e) Qualities of Movement (25 min.)

FITNESS AND HEALTH

- C.P.R.: To Save A Life (1978) (14 min.)

- Coronary Counter Attack (21 min.) (color) (S)

- Eat Well, Grow Well (1963) (1 reel) (color) (E)

- Food for Health (1968) (2 reels) (color) (I-A)

- Food for Life (1971) (2 reels) (color) (I-A)

- Good Life, The (1976) - emphasizes the problem of poor physical fitness (30 min.) (color) (J-A)

- Health - Exercise, Rest and Sleep (1967) (11 min.) (color) (E)

- Health - Food and Nutrition (1967) (11 min.) (color) (E)
- Keep Fit for Women (1971) (20 min.) (B & W) (S)
- Our Wonderful Body: Heart and Its Work (1974) (11 min.) (color) (E)
- Physical Fitness: It Can Save Your Life (1978) (24 min.)
- Physical Fitness: New Perspectives (10 min.) (color)
- Posture Habits (1963) (10 min.) (color) (I-J)
- Posture in Motion (1961) (10 min.) (color)
- Run Dick, Run Jane (1971) - motivates for physical and emotional health (20 min.) (color) (I-A)
- Safety on the Playground (1966) (2 reels) (B & W) (I)
- Weight Training (1960) (10 min.) (color)
- Weight Training for Sport (20 min.) (B & W)
- You are What You Eat (1960) (27 min.) (S)

GAMES (ACTIVITIES)

1. New films from Simon Fraser University: (color)
   - Participation for All (21 min.)
   - Physical Education Activities for the Classroom (22 min.)
   - Teaching Game Activities to Primary Children (16 min.)
   - Teaching Game Activities to Intermediate Children (17 min.)
2. Organizing Vigorous Activities in Physical Education (1969) (20 min.) (B & W) (I-S)
3. Physical Education (1964) (10 min. each) (color)
   - Unit A (basic skills; softball, tumbling, soccer)
   - Unit B (basic skills; floorball, basketball, apparatus)
4. Progressive Training in Ball Handling Games (ancient, but drills in ball handling are innovative) (1933) (15 min.) (color) (E-S)

5. Sports:

Aquatics

- Artificial Respiration (8 min.) (color) (E-S)
- Boating and Good Sense (1962) (20 min.) (color) (J-A)
- Drownproofing (8 min.) (color) (E-S)
- Fundamentals of Creative Swimming (1961) - strokes, body posture, figures (20 min.) (color) (I-S)
- Moods of Surfing (1968) (15 min.) (color) (E-A)
- New Magic of Swimming (1963) (20 min.) (B & W) (G)
- Survival Swimming (1965) (14 min.) (B & W) (E-S)
- Swimming - Breast and Butterfly Strokes (1954) (1 reel) (B & W) (J-S)

Archery

- Archery Fundamentals (1961) (11 min.) (color) (J-A)
- Sport of Sherwood (1971) (20 min.) (color)

Badminton

- Badminton (1967) - family recreation, back yard courts (20 min.) (color) (I-A)
- Play Badminton with Won Peng Soon (1969) (15 min.) (B & W) (G)

Baseball - Softball

- Know Your Baseball (1970) (30 min.) (color) (I-S)
- Official Baseball (30 min.) (color)
- World Series (1969) - New York/Baltimore (45 min.) (color) (J-S)

Basketball

- Basketball for Intermediate Grades (1969) (30 min.) (color) (I-J)
- Basketball Fundamentals: Red Check Series (1971) (20 min. each) (color) (J-S) - Part I
  - Part II
  - Part III
- Basketball Today (1976) (30 min.) (color) (J-S)
- King Basketball (1952) (30 min.) (B & W) (I-S)
- N.A.B.C.'s of Basketball (1974) (42 min.)

Boxing

- Fundamentals of Boxing (1952) (10 min.) (B & W) (S)

Curling

- The Champions Curling Program (Color) (J-S) a 5 film series by Ray Turnbull, the world's best known curling teacher (1979)
  - Balanced Motion Delivery Part One (15 min.)
  - Balanced Motion Delivery Part Two (9 min.)
  - Balanced Motion Delivery Part Three (15 min.)
  - Sweeping (11 min.)
  - Basic Strategy (19 min.)

Cycling

- Bicycle Riding Reminders (1970) (11 min.) (color) (E-I)
- Bicycle Safety - Defensive Cycling (1976) (2 reels) (color) (E-J)
- Bicycle Today - Automobile Tomorrow (1969) - driver responsibility and respect for traffic laws (10 min.) (color) (E-I)
- Bicycling on the Safe Side (1976) - defensive riding and proper use of 10 speeds (16 min.) (color) (J-A)
- Bike Safety - Making the Right Moves (1976) (15 min.)

Field Hockey

- Hockey Strokes (Scottish Film Council) (1969) (10 min.) (B & W) (E-S)

Floor Hockey

- Floor Hockey (Rules and Position Play) (1971) (20 min.) (color) (J-S)

Football

- Canadian Football Series (1969) (15 min. each) (B & W)
  - Blocking
  - Defense
  - Kicking
  - Offence
  - Passing
  - Pre-Conditioning

  *Demonstrated by the Winnipeg Blue Bombers.
- Football - Coaching in the Game (Soccer) (1951) (1 reel) (B & W) (J-S)
- Football - Goal Keeping (Soccer) (1954) (1 reel) (B & W) (J-S)
- Football - Trapping (Soccer) (1951) (1 reel) (B & W) (J-S)

Golf

- Golf (1969) - Part 1 - Grip and Stance (10 min.) (B & W) (S)
  - Part 2 - Swing (10 min.) (color) (S)
  - Part 3 - Short Game (10 min.) (B & W) (S)
- Golf Series (1970) - Welcome to Golf (20 min.) (color) (S)
  - Building Your Swing (30 min.) (color) (S)
  - Pitching and Sand Shots (10 min.) (color) (S)
  - Putting (10 min.) (color) (S)

Gymnastics

- Basic Tumbling Skills (1976) (2 reels) (color) (I-S)
- Floor Gymnastics (1969) (2 reels) (B & W) (I-J)
- Gymnastics Training Series (1969) (B & W) (E-S)
    - Free Standing Part I (2 reels)
    - Free Standing Part II (2 reels)
    - Horizontal Bar Part I (2 reels)
    - Horizontal Bar Part II (2 reels)
    - Horizontal Bar Part III (2 reels)
    - Horizontal Bar Part IV (2 reels)
    - Parallel Bars Part I (2 reels)
    - Parallel Bars Part II (2 reels)
    - Pommell Horse (2 reels)
    - Rings Part I (2 reels)
    - Rings Part II (2 reels)
    - Vaulting (1 reel)
- Introducing the Trampoline (1969) (3 reels) (color) (J-S)
- Medau Gymnastics (1969) (1 reel) (color) (I-S)

Hockey

- Goalkeeping (1954) (1 reel) (B & W) (E-S)
- Hockey Coaching Series (1956) (10 min. each) (B & W) (E-S)
    - Checking
    - Defensive teamplay
    - Goal tending
    - Offensive teamplay
    - Passing
    - Shooting
    - Skating
    - Stickhandling

Judo

- Judoka (1965) - Doug Rogers judo training in Japan (18 min.) (B & W) (G)

Lacrosse

- Learning Lacrosse (1965) (J-S)
    - Part 1 - Offence (17 min.) (B & W)
    - Part 2 - Defence (10 min.) (B & W)

Netball

- Netball (1971) (30 min.) (B & W) (E-S)

Rugby (Football)

- Laws of Rugby (1973) (30 min.) (B & W)
- Rugby (10 min. each) (B & W) - Ball Handling (1952)
  - Blocking (1952)
  - Defensive (1950)
  - Kicking (1950)
  - Offensive (1950)
  - Tackling (1952)
- Rugby - Freedom to Run (1973) (20 min.) (B & W)

Skating

- Figure Skating (1963) (20 min.) (color) (I-S)
- Introduction to the Art of Figure Skating (1948) (1 reel) (B & W) (I-S)
- King of Blades (1974) (20 min.) (color) (I-S)

Skiing

- Cross Country Ski Technique (1976) (30 min.) (color) (J-S)
- Cross Country Skiing (1970) (7 min.) (color) (J-S)
- Flight in White (1968) - skiing in the Rockies (14 min.) (color) (G)
- Holiday on Skis (1971) (2 reels) (color) (J-S)
- Learn to Ski (1964) (14 min.) (B & W) (J-S)
- Ski (1964) (20 min.) (color) (I-S)
- Ski the Outer Limits (1968) - ski stunts (26 min.) (color) (I-A)
- Skiing: Beginning Movements (1967) (11 min.) (B & W) (J-C)

Soccer

- Association Football (Basic Skills) (1969) (20 min.) (B & W) (I-S)
- Soccer for Boys (1974) (20 min.) (color) (E-S)
- Soccer for Girls (1962) (10 min.) (color) (J-C)
- Soccer: Pass, Dribble, Shoot (1971) (10 min.) (color) (J-S)
- Soccer - Teams in Action (Basic Skills) (1969) (20 min.) (color) (J-S)

Speedball

- Speedball for Girls (1948) (10 min.) (color) (J-C)

Tennis

- Tennis Fundamentals (1971) (30 min.) (color)
- Way to Wimbledon (1971) (20 min.) (B & W)

Track and Field

- Broad Jump - Dr. Ryan (2 reels) (B & W)
- Discus - Dr. Ryan (1962) (1 reel) (B & W) (J-S)
- Fundamentals of Track and Field (1954) (30 min.) (B & W) (J-S)
- High Jump - Dr. Ryan (1962) (1 reel) (B & W) (E-S)
- Hurdles - Dr. Ryan (1962) (2 reels) (B & W) (I-S)
- Javelin (1959) (1 reel) (B & W) (S)
- Pole Vault - Dr. Ryan (1962) (2 reels) (B & W) (S-C)
- Shot Put - Dr. Ryan (1962) (2 reels) (B & W) (J-S)
- Summer Rendezvous (1969) - top athletes in world competition (30 min.) (color) (S)
- Track and Field for Intermediate Grades (1970) (31 min.) (color) (E-J)
- Track and Field Today (1971) (30 min.) (color)

Volleyball

- Name of the Game is Volleyball (N.F.B.) (1967) (10 min.) (B & W) (G)
- Volleyball (Russian-American Competition, 1970) (10 min.) (B & W) (J-S)
- Volleyball Drills and Techniques (1962) (2 reels) (color) (I-S)
- Volleyball for Intermediate Grades (1970) - demonstrates skills and total class participation (24 min.) (color) (E-J)

Wrestling

- Wrestling - Basic Skills (1963) (10 min. each) (B & W) (S)
  - Parts I, II and III
- Wrestling Championships (Edmonton, 1970) (80 min.) (B & W) (S)
  - Parts I, II and III

MISCELLANEOUS

- Are Drugs the Answer? (1971) (20 min.) (color) (J-S)
- Drugs: A Primary Film (1972) (9 min.) (color) (E-I)

- Drugs and the Nervous System (1966) (18 min.) (color) (E-J)
- It's All in the Game (1976) (3 reels) (color (S-T)
- Junior School Physical Education Lesson (1969) (10 min.) (color) (E-J)
- Kingdom of Could Be You Series (1976) (1 reel each) (color) (E-I)
  - Health
  - Recreation - Hospitality - Tourism
- Physical Education for Children (new Simon Fraser Film) - interpreting needs and interests in physical education (21 min.) (color)

OUTDOOR PURSUITS

- By Map and Compass (1961) - general map and compass training (26 min.) (color) (G)
- By the Sea (1973) - creative expression (14 min.) (color) (J-S)
- Canoeing - a new film from Simon Fraser University
- Netsilik Series (1967) (30 min. each) (color) (I-C)
  - Autumn River Camp Part I
  - Autumn River Camp Part II
  - Building a Kayak Part I
  - Building a Kayak Part II
  - Caribou Crossing Place Part I
  - Caribou Crossing Place Part II
  - Fishing at the Stone Weir Part I
  - Fishing at the Stone Weir Part II
  - Group Hunting on Spring Ice Part I
  - Group Hunting on Spring Ice Part II
  - Group Hunting on Spring Ice Part III
  - Jigging for Lake Trout
  - Spring Sea Ice Camp Part I
  - Spring Sea Ice Camp Part II
  - Spring Sea Ice Camp Part III
  - Winter Sea Ice Camp Part I
  - Winter Sea Ice Camp Part II
  - Winter Sea Ice Camp Part III
  - Winter Sea Ice Camp Part IV
- Orienteering (1976) (10 min.) (color) (G)
- Outdoor Education Series (1974) (color) (E-S)
  - Basic Rock Climbing (14 min.)
  - Firebuilding and Cooking (17 min.)
  - Shelter Building - canoe and plastic tarp (7 min.)
  - Shelter Building - plastic tarp (10 min.)
- Outdoor Education (1969) - teacher ideas (30 min.) (color) (T)

- Outdoor Recreation Series (1971) (color) (E-S)
    - Artificial Respiration (8 min.)
    - Bush First Aid (Parts I and II) (17 min.)
    - Distress Signals (Parts I and II) (18 min.)
    - Dressing Fish (11 min.)
    - Drownproofing (8 min.)
    - Edible Plants in Summer (11 min.)
    - Emergency Compasses (12 min.)
    - Firemaking and Shelters (11 min.)
    - Frostbite and Snowblindness (11 min.)
    - Fundamental Canoeing (11 min.)
    - Outdoor Cooking (10 min.)
    - Shelter Construction in Winter (13 min.)
    - Snowshoeing (12 min.)
    - Summer Bush Clothing (9 min.)
    - Survival Kit (Parts I and II) (19 min.)
    - Using a Compass (11 min.)
- Paddle and Portage (1972) - techniques of canoeing (13 min.) (color) (S-A)
- Paddle to the Sea (1966) (3 reels) (color) (E)
- Solo (1971) - climbing (15 min.) (color) (S-A)
- What Makes Them Run? (1976) - orienteering (20 min.) (color) (E-S)

PERCEPTUAL MOTOR

- Kephart Films (1971) (20 min. each) (color) (T)
    - Academic Applications - readiness activities for visual perception, patterning, sequencing
    - Balance and Posture: Classroom activities; stunts and games
    - Development I, II, III (3 films) - perceptual and conceptual aspects of learning
    - Generalization I, II (2 films) - descriptive factors that can result in learning disabilities
    - Hand-Eye Coordination
    - Laterality and Directionality
    - Movement Control I, II (2 films) - movement initiation, movement control, trained development
    - Perceptual-Motor Match - relating and matching the visual and auditory to motor and kinesthetic data
    - Receipt and Propulsion - learning related to changing relationships in the environment
    - Visual Monitoring and Control - exercises and activities
- Sensorimotor Training (1970) (3 reels) (color) (T)

AGENCIES PROVIDING PHYSICAL EDUCATION RELATED MATERIALS

1. Health and Welfare Division
   Metropolitan Life Insurance Company
   180 Wellington Street
   Ottawa, Ontario
   K1P 5A3

   - *publications and films on health and safety*

2. Department of Health and Community Services
   Home Economics Directorate
   880 Portage Avenue
   Winnipeg, Manitoba
   R3G 0P1

   - *publications on food and nutrition*

3. Department of Health and Community Services
   Health Education and Library Services
   880 Portage Avenue
   Winnipeg, Manitoba
   R3G 0P1

   - *publications on community health*

4. Health and Welfare Canada
   Health Services and Promotion Branch
   Information Resources Unit
   Health Promotion Directorate
   Ottawa, Ontario
   K1A 0K9

   - *publications on food and nutrition, sport, recreation and leisure*

5. Standard Brands Limited
   1408 Birchmount Road
   Scarborough, Ontario
   M1P 2E3

   - *Write for health/fitness related booklets.*

6. Participaction
80 Richmond Street W.
Suite 805
Toronto, Ontario
M5H 2A4

- *Promotional materials are available on a cost basis. Some Participaction materials are available from the provincial Department of Education.*

7. Manitoba Heart Foundation
301 Canada Building
352 Donald Street
Winnipeg, Manitoba
R3B 2H8

- *public education pamphlet and film list on the heart, nutrition, physical activity, smoking*

8. American Alliance for Health, Physical Education, Recreation and Dance (A.A.H.P.E.R.D.)
1201 - 16th Street N.W.
Washington, D.C. 20036

- *Write for the A.A.H.P.E.R.D. Publications and Audio-Visuals Catalog with complete listings.*

9. American Medical Association
535 Dearborn Street North
Chicago, Illinois 60610

- *Write to the above address for the publications list.*

10. Canadian Red Cross Society
226 Osborne Street North
Winnipeg, Manitoba
R3C 1V4 Telephone: 772-2551

- *Inquire about health manuals, resource catalogues and Information Handbook on Water Safety.*

11. Manitoba Milk Producers Marketing Board
Main Floor, 1580 Dublin Avenue
Winnipeg, Manitoba
R3E 0L4 Telephone: 786-6063

- *information on nutrition workshops*

12. Fitness, Recreation and Sport
2nd Floor, 200 Vaughan Street
Winnipeg, Manitoba
R3C 1T5

- *Local Recreation Commissions have information on publications (Games, Playground Leader's Manual, Frisbee Tournaments, Skateboarding) and films available through Fitness, Recreation and Sport.*

13. Sun Life Assurance Co. of Canada
Group Office
630 - 175 Hargrave Street
Winnipeg, Manitoba
R3C 3R8 Telephone: 942-6501

- *Inquire about publications on cycling, hiking and cross-country skiing.*

14. Administrative Centre for Recreation and Sport
1700 Ellice Avenue
Winnipeg, Manitoba
R3H 0B1 Telephone: 786-5641

- *Information and films are available from the associations for individual sports.*

15. Travelers Life Insurance Co. of Canada
1010 - 220 Portage Avenue
Winnipeg, Manitoba
R3C 0A8 Telephone: 943-2531

- *Inquire about "The Travelers Book of Children's Exercises" and "Grow with PEP" (a growth chart).*

16. Manitoba Forestry Association
900 Corydon Avenue
Winnipeg, Manitoba
R3M 0Y4 Telephone: 453-3182

- *publications on outdoor education. Also available are "conservation kits" - 5 per year, dealing with such topics as Manitoba Provincial Parks, animal families and Manitoba Wildlife. Back issues are still available for 60¢ each. A list of contents of all back issues will be provided on request.*

17. University of Manitoba Bookstore
Winnipeg, Manitoba
R3T 2N2

It stocks, or will order, Canadian Government Publications:

- *Family Camping*
- *Figure Skating*
- *Fitness and Amateur Sport Act, 1961*
- *Get Wet (Water Sports)*
- *Lacrosse*
- *Leisure in Canada (Montmorency Conference on Leisure)* - *Vol. I*
  - *Vol. II*
- *Play for Preschoolers*
- *Proceedings of the National Conference on Health and Fitness*
- *Task Force Report on Sport for Canadians*
- *Ski*
- *Track and Field Series of 12 wall charts*
  - *sprinting*
  - *hurdling*
  - *shot putting*
  - *middle distance running*
  - *high jumping*
  - *discus throwing*
  - *relay racing*
  - *triple jumping*
  - *javelin throwing*
  - *hammer throwing*
  - *long jumping*
  - *pole vaulting*

18. Fitness Canada
Journal Tower South
365 Laurier Avenue West
Ottawa, Ontario
K1A 0M5

Pamphlets

- *Aerobic Fitness*
- *Lunch on the Run*
- *Physical Activity and Weight Control*
- *Prescription for Physical Activity*
- *You and Your Heart Rate*

Booklets

- *Health and Fitness (physical fitness principles, related lifestyle factors and suggested programs)*
- *Moving into the Teens (fitness for the 11-15 year age group)*

Manuals and Reports

- *Fitness Trails (site selection, trail layout and construction, exercise stations and use)*
- *Canadian Home Fitness Test Leader Manual (instructions for conducting the Canadian Home Fitness Test)*

Audio-Visual Packages

- Exercise Break (4 seven-minute exercise routines to music)
- Take a Break (2 seven-minute routines - follow-up to Exercise Break)
- Canada Fitness Award (fitness tests and training program for children aged 7-17. Write to: CFA, Journal Bldg. South, 365 Laurier Avenue West, Ottawa, Ontario, K1A 0M5)
- Standardized Test of Fitness (operation manual, aerobic calculator and assessment reports for use in a complete fitness test)

Posters

- Fit-Tips (12 basic home exercises)
- Fitness Is...
- Children's Art (Fitness Illustrations)
- Balance (Energy Balance)
- How to Burn 100 Calories
- Heart Rate Target Zone

19. C.A.H.P.E.R.
333 River Road
Ottawa (Vanier), Ontario
K1L 8B9

- Fit Kits (French or English) ($4.00)
- Physical Activity Boxes (teaching aids) (French or English) ($28.00)
- Sociology of Sport Monographs - qty. - 1-25 books - $3.25 ea.
  - 26-50 books - $3.00 ea.
  - 50 & over - $2.75 ea.

a) Leadership
b) Motivation and Sport Involvement
c) Group Cohesion and Sport
d) Sport and Gender: A Feminist Perspective
e) Sport, Physical Activity and Achievement
f) Sport, Physical Activity and T.V. Role Models
g) Sport as a Career
h) The Sociology of Sport as an Academic Specialty
i) The Political Economy of Sport
j) Sport and Ethnic Groups in Canada
k) Sport in the Mass Media
l) Play and Physical Activity in Early Childhood Socialization
m) Research Methodology in Sport Sociology
n) Canadian Governments and Sport
o) The Sport Fan: A Social-Psychology of Misbehaviour

- *K-3 Games ($5.95)*
- *Reprints of Robert D. Sommerville's article "Daily Physical Education and the Principal" -*
  qty. - 2-24 - $ 0.50 ea.
  - 25 - $10.00
  - 50 - $15.00
  - 100 - $20.00
- *New Perspectives for Elementary School Physical Education Programs in Canada - Catalogue of Resources ($2.00)*
- *Physical Fitness Programs in Ontario Schools ($2.00)*
- *CAHPER Position Paper on Women and Sport ($1.00)*
- *CAHPER Position Paper on Violence in Sport ($1.00)*
- *Alternatives for Implementing Elementary School Physical Education (video tape) (approx. $200.00)*
- *New Perspectives in Elementary School Physical Education (video tape) (approx. $200.00)*

N.B. - Please add 75¢ to all orders to cover mailing and handling.

- Prices subject to change without notice.
- PAYMENT MUST ACCOMPANY ALL ORDERS.

20. Superintendent of Documents
U. S. Government Printing Office
Washington, D.C. 20402

- *Adult Physical Fitness, A Program for Men and Women - gives alternative physical fitness programs for men and women at various levels of capability. Besides programs of general exercise, the book presents exercises in isometrics, water activities and weight training. (1963, reprinted 1978)(64 pages) (# 040-000-00026-7) ($1.50)*
- *Aqua Dynamics, Physical Conditioning Through Water Exercises - This book provides an illustrated series of non-swimming water drills and exercise which have been arranged into four workout programs with varying degrees of difficulty. (1977) (32 pages) (# 040-000-00360-6) ($.75)*
- *Exercise and Weight Control - This pamphlet discusses the relationship between weight control, exercise and caloric intake, emphasizing the importance of 30-60 minutes of daily exercise for efficient and effective weight loss and general physical fitness. (1976) (8 pages) (# 040-000-00371-1) ($.60)*
- *Fitness Challenge in Later Years, An Exercise Program for Older Americans. (1968, reprinted 1976) (28 pages) (# 017-062-00009-3) ($1.75)*

- *Introduction to Physical Fitness, Includes Self-Testing Activities, Graded Exercises, and a Jogging Program.* (1979) (26 pages) (# 017-000-00122-1) ($1.00)

- *Physical Fitness Calculator, Measuring Your Physical Fitness - A simple 5-minute test designed for men and women to measure physical fitness and to predict their ability to sustain arduous work.* (Revised 1975) (4 pages) (#001-001-00404-9) ($.80)

- *Physical Fitness Program - Describes a program developed for Special Agents of the U.S. Secret Service, consisting of 19 warm-up, agility and strength/stamina drills.* (1975) (28 pages) (# 048-006-00007-8) ($1.30)

- *Physically Underdeveloped Child: Identification, Improving Performance - Reviews the screening program for identifying physically underdeveloped children and discusses the exercise needs of these children.* (1977) (12 pages) (# 040-000-00387-8) ($.90)

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21. National Film Board
674 St. James Street
Winnipeg, Manitoba
R3G 3J5 Telephone: 949-4131

Regulations:

- Bookings in writing are preferred, but telephone bookings are possible 10 a.m. to 4 p.m. weekdays, or in person 8 a.m. to 5 p.m. weekdays.

- City users may book 48 hours to one month in advance.

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- There is also a self-serve library with 1000 films for immediate loan.

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- *Blades and Brass* (best of the N.H.L. set to music for movement style) (10 min.) (color)
- *Boating and Good Sense* (13 min.) (color)
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- *Cross-Country Skiing* (6 min.) (color)
- *Descent* (training and tension in downhill ski racing) (10 min.) (color)
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R3G 0T3

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